

# Community Garden News

## City of Loma Linda

June 2005

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

### ***The New Food Guide Pyramid***



One size doesn't fit all. That's the message for new the Food Guide Pyramid recently released by the USDA. The new pyramid replaces the Food Guide Pyramid introduced in 1992 and is part of an overall food guidance system that emphasizes the need for a more individualized approach to food. It encourages Americans to make healthier choices and be more active everyday. It incorporates recommendations from the 2005 Dietary Guidance for Americans, released in January 2005. The system requires consumers to visit [www.MyPyramid.gov](http://www.MyPyramid.gov) to get more in-depth information, so that they can make choices that fit their own needs based on age, gender, activity level. The website also provides interactive activities for individuals. On the web you can check out:



MyPyramid Plan-a quick estimate of what and how much food consumers should eat from each food group

MyPyramid Tracker-more detailed information on diet quality and physical activity status by comparing a day's worth of foods with current nutrition guidance. Messages are tailored to maintaining or losing weight

The Food Guidance System shows the important contributions that fruits, vegetables and physical activity make to an overall healthy lifestyle. In fact, adults should eat 3 ½ to 6 ½ cups of colorful fruits and vegetables every day, while children, aged 9-13 years, need 3 ½ to 5 ½ cups daily. Within these ranges, each individual needs a specific number of cups of fruits and vegetables based upon their age, gender, and physical activity level. Physical activity is also playing a more important role in the new Food Guidance System. To reduce the risk of chronic diseases in adulthood, it is recommended that adults engage in at least 30 minutes of physical activity on most days of the week. However, to help manage body weight or prevent gradual, unhealthy body weight gain in adulthood, it is recommended that adults engage in about 60 minutes of physical activity on most days of the week. In addition, children should get at least 60 minutes of physical activity every day.



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# Take it From a Master

Vegetable Gardening in Limited Space  
By: Jeri Kuoppmaki, Master Gardener

How many of you think that it's too hard to grow vegetables in limited space? Believe it or not, many kinds of vegetables can be readily grown in containers. The key is finding a sunny spot to place your containers where the vegetables will receive five or more hours of sunlight daily. Leafy vegetables such as cabbage and mustard greens can tolerate more shade than root vegetables like radishes and beets. Vegetables that bear fruit such as peppers, tomatoes, and cucumbers will need the most sun. The vegetable you wish to grow will determine the size of the container. Most vegetables can be grown in containers that allow ample space for root development. For example, shallow rooted plants such as lettuce, radishes, peppers, and herbs need a container with an eight-inch soil depth. Tomatoes, squash, pole beans, and cucumbers need large, deep containers. Planting and spacing requirements for most vegetables are found on the seed packet or plant tag. A container can sustain only a limited quantity of plants so base the number of plants you choose on the container size and the eventual size of the mature plant. If you plant seeds, plant more seed than needed, then thin to the desired number after sprouting and when the foliage is touching. One of the most important considerations when container gardening is to provide the proper amount of water. Some vegetables need watering every day, depending on weather conditions, container size, and the size of the plant. It's best to run the water through the hose until it is cool before watering the plant. Hot water from a hose that has been in the sun may retard root development. A fence or a trellis is great for growing many vegetables, especially the vining types such as cucumbers and melons. Almost any vegetable can be adapted to container culture. Become creative and discover how fun vegetable gardening can be in a limited space.



## RECIPE CORNER

### SCHMAG SALAD

#### **Ingredients:**

- 1 Large Grape Fruit
- 2 Tbs of Honey
- 1/3 Bunch Fresh Cilantro, Chopped
- 1/8 Tsp of Orange Extract
- 2 Jimica, Peeled and Diced
- 2 Pears, Peeled, Cored, and Diced
- 3 Oranges, Peeled, Sectioned, and Cut into Bites
- 2 Golden Delicious Apples, Peeled, Cored and Diced
- 1 Mango, Peeled, Seeded and Cubed



#### **Directions**

Cut the grapefruit in half, and set aside one half. Juice the remaining half and combine it with the honey, cilantro, and orange extract. Set aside. Segment the reserved grapefruit, and combine with jimica, pears, oranges, apples and mango in a large bowl. Pour cilantro dressing over the fruit, and stir to combine. Chill in the refrigerator for at least one hour before serving.